

Choices

Luke 2: 13-14 And suddenly there was with the angel a multitude of the heavenly host praising God and saying,

14 "Glory to God in the highest, and on earth peace among those with whom he is pleased!"

Tis' the season to be merry... and sometimes stressed.

The other day I opened a box of Christmas lights, and my stomach sunk.

I lost track of time just untangling the strands.

Although it should be a season of peace, this month can often make us feel more tangled up inside than a messy string of Christmas lights.

Some people dread the hustle, bustle, and emotional rustle this time of year brings, knowing that irritability, loneliness, or depression will threaten.

While there are others who may love the Christmas season, but worry, busyness, family conflicts, and unmet expectations take their toll.

In either case, we have a decision to make.

We can choose to get bogged down with stress or we can choose to bow down in worship.

Scripture gives us a beautiful picture of praise in Luke 2:13-14.

When Jesus was born, an angel of the Lord appeared to the shepherds sharing the good news.

Then many other angels joined together and praised God.

"Suddenly, the angel was joined by a vast host of others—the armies of heaven—praising God and saying, 'Glory to God in highest heaven, and peace on earth to

those with whom God is pleased." (NLT)

That's not the only place the Bible records angels worshipping the Lord.

In **Hebrews 1:6** it says, ***And again, when he brings the firstborn into the world, he says, "Let all God's angels worship him."***

Angels serve as role models of worship.

They bow down before Jesus.

They shout with incredible joy as they sing songs of praise.

Through worship, angels spread the news of God's glory and exhibit holy reverence.

Angels intentionally and deliberately spend time praising God.

Keeping Christ in Christmas is more than just a cliché.

It is an intentional act of worship.

It requires a heart of adoration, much like the angels had.

When Jesus is the focus of our holiday, we're centered on His love, peace, and joy.

This prompts us to be His hands and feet to others in need.

When worship fills our hearts, it leaves little room for aggravation in long lines at the store.

We focus on what Christmas is truly about—the amazing gift of a Savior—rather than stressing out over buying the perfect presents.

We exhibit grace to someone when we'd rather do otherwise.

Worship turns our attention to giving thanks to Jesus for all He has done, rather than letting stress strip His joy from our hearts.



www.lifespringak.com
info@lifespringak.com
(907)222-0850

And it might even mean joining in with the heavenly chorus to sing praises to Him, even if we can't carry a tune!

The holidays can bring a flurry of heightened emotions and can often result in an unhealthy level of stress which can prevent us from engaging in worship and praising the One we are supposed to be celebrating.

There will be lots of choices to be made during the month of December: where to serve, what gifts to buy, and how many events to attend.

The most important choice we can make is to worship and sing praises to our Lord.

1. For His gift.

2. For His love.

3. For His peace.

And when our hearts are at peace, our holidays can be too.

*Simple Prayer; Lord, I **choose** to intentionally worship and praise You during this Christmas season.*

Help me stay focused on You. Amen.



www.lifespringak.com
info@lifespringak.com
(907)222-0850